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# NEWS & EVENTS

December 2013

Volume 8 Number 12

Merry  
Christmas  
And  
Happy Holidays

**December 2013**

**Volume 8 Number 12**

William Budesheim, Editor  
Lori Clinton, Associate Editor

*Columnists*

Rob Errera  
Catherine Felegi  
William Lango  
Bill Madden  
Elaine Peacock  
Don Pruden

*In this Issue*

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# RIVERDALE SENIORS

*November 2013*

The first meeting of the Riverdale Seniors was held on November 4, 2013. **President Loretta Lippens** conducted the meeting. **Marion Davis** led the group in singing "God Bless America". **Secretary Jean McMichael** called the roll. There were 54 members present. She then read the minutes from the last meeting. **Chaplain Grace Chiesa** gave a lovely reading. **Treasurer Laura LaRosa** gave the Treasurers report. **1<sup>st</sup> Vice-President Dorothy Bowersox** had all the birthday people stand and they were given a birthday song. All veterans were asked to stand, and they were honored with applause. **Warren Sheps** spoke for the Police Advisory Committee.

**Lorraine Moody** reported on the Christmas Party. She is collecting \$10.00 per person payable by check to cover this cost. Our speaker was a nutritionist from Shop Rite of Oakland. **Mary Gambino** conducted the 50-50. Bingo was played following the meeting.

The second meeting was held on November 18<sup>th</sup> at the Glenburn. This is a beautiful historic building. A tour was given, if you chose to take it. President Loretta Lippens conducted the meeting. All officers gave their reports and then we had a slide show about the Glenburn and points of interest about Riverdale, this was accompanied by a speaker, **Ruth Pasquariello**, who gave us a lot of interesting information. The Glenburn is a beautiful, historic old home, of which we can be very proud. Mary Gambino did the 50-50, followed by tasty donuts, coffee and tea. All in all, it was a lovely day!

(P.S. President Loretta and officers would like to thank the D.P.W. for their part in making it possible, so we could have our November 18<sup>th</sup> meeting at the Glenburn.)

*Submitted by Marion Davis*

**Sunday, December 22, at 10:45**

Put away the trimmings and the wrappings  
and the shopping list and join us for a  
celebration of the true Christmas!



6 Newbury Place, Riverdale, NJ 07457 973-835-3275  
rbcnj.org

And she shall bring forth a son, and thou shalt call his  
name JESUS: for he shall save his people from their sins.

Matthew 1:21





## Linda Vogel

### *Library Support Staff Certification Program*

The Riverdale Public Library is pleased to announce that Linda Vogel, Head of Circulation, was one of the first applicants to fulfill the American Library Association, (ALA) - Allied Professional Association's Library Support Staff Certification (LSSC) Program.

The LSSC Program is made possible by a grant from the U.S. Institute for Museum and Library Services to ALA, and managed by the ALA-Allied Professional Association. The program offers library employees the opportunity to achieve recognition for their experience, by increasing their skills and knowledge and enhance their library service.

To achieve this certification, staff must achieve six of the 10 competency sets through taking approved online courses.

Ms. Vogel completed courses in three core and three elective competency sets between July 2010 and October 2013. Not only did she receive a certificate, and a pin from The American Library Association, but a letter of Commendation for being a "Leader in the field," from Lorelle R. Swader, ALA-Allied Professional Association Director.

She also received a bouquet of flowers from Linda Anders, on the personnel committee, of the Library's Board of Trustees. **Congratulations to Linda Vogel for an excellent achievement!**

The **Riverdale Democratic Committee** meets on the **third Monday of every month at 6:30 PM** in the Riverdale Public Library, 93 Newark Pompton Turnpike, in the conference room. Local issues will be discussed along with strategies to keep Riverdale as one of the best small towns in New Jersey. We always welcome concerned residents and fellow Democrats to our meetings. Please visit our website at [www.riverdaledemocrats.com](http://www.riverdaledemocrats.com).



### ONE VACCINE TO SKIP.

Marketed to people with compromised immune systems, *Fluzone High-Dose* contains four times the dose of flu antigen, the ingredient that prompts your body to make protective antibodies against the virus. But it is not known if that translates into fewer cases of the flu. A study is under way now to answer that question, and results should be out in 2015 or later. The vaccine is also more likely to cause fever, headaches, muscle aches, and soreness at the injection site than the standard shot. So our medical experts recommend avoiding this vaccine for now. *Consumer Reports on Health December 2013*



## Food Pantry Needs

*We currently have fourteen families participating.*

**Here are some ideas that our residents have used in finding ways to donate to the Food Pantry.**

- ♦ **A resident recently donated fourteen \$100 supermarket gift cards.**
- ♦ **Donates two bags of food purchased during weekly food shopping and denoted with red ribbons.**
- ♦ **Food collected at her workplace was placed in bags denoted with green ribbons.**
- ♦ **Money donated at the workplace was used to buy food store gift cards.**
- ♦ **Anything you can do to help our neighbors have an enjoyable holiday season is so very much appreciated by them.**

*Thank you for your support!*

The **Riverdale Republican Club** meets the **last Tuesday of every month at 7:30 PM** at Glenburn, 211 Hamburg Turnpike. Usually we have guest speakers from the Freeholder Board or Legislators at which time we are kept informed. We put forth our plan showing how Riverdale became one of the best small towns in New Jersey and how we plan to keep it that way. All are welcome - Republicans, Democrats and Independents.



The Friends of The Riverdale Public Library will be taking donations starting January 20<sup>th</sup> for their annual book sale in March. Books in good shape can be donated during regular library hours.

The friends are in need of a moving cart to move books. If you have one you would like to donate, please let us know.



**Call the library at 973- 835-5044.**

To see the photos of many of the events taking place around town, go the Borough's Website at [www.RiverdaleNJ.gov](http://www.RiverdaleNJ.gov) and click on Mayor's Photo Albums on the left hand side of the home page. There are nearly 120 albums on line. Also, every issue of the Riverdale News and Events are online going back to the initial issue in October 2005. On the homepage's left column click on "Newsletter, Etc."





## Feeding Wild Birds The basics to feeding your feathered friends.

*Prepared by Amy Hofer on behalf of Mike's Feed Farm in Riverdale*

As winter quickly approaches, it's the perfect time to think about feeding wildlife, particularly birds. Feeding your backyard birds can be as easy as putting up a birdfeeder and keeping it filled for your feathered friends. You can help sustain wild bird populations and enjoy observing wild birds all year long in your own backyard.

**How do I choose a birdfeeder?** Choose a bird feeder free of sharp edges and with perches that allow the birds to eat and rest without soiling the house. You may want to consider multiple feeders if you have a large number of visitors. It's important to keep the bird seed dry and fresh. A smaller feeder allows food to be replenished more frequently and stay fresh, and drainage holes and a plastic dome will keep food dry.

**Where do I put a birdfeeder?** It's important to keep your birds safe from predators. Place your bird feeder near cover but in the open to allow birds to watch for danger. Ground feeders attract birds such as sparrows, juncos, Mourning Doves, quail, pheasants, towhees and Brown Thrashers, where hanging feeders typically attract chickadees, titmice, nuthatches and finches.

**What kind of bird seed should I purchase?** In winter months, consider suet, oil sunflower, white proso millet, peanuts, suet, nyger seed and cracked corn. When spring comes, birds enjoy fruit, baked and crushed eggshells and nesting materials. Nectar and nyger seed are summertime favorites and during autumn try millet, peanuts and suet cakes. Do NOT feed birds bread (especially moldy) or table scraps.

**How is bird feeding different in winter months?** Birds need a source of fresh, unfrozen water. Consider providing an open source of water for birds, such as a heated bird bath. High calorie and high fat foods are ideal for winter months when food sources diminish.



## Soda Can Worsen Osteoarthritis In Men

*by Dr. Mark Stengler, December 14, 2012*

Bring on the sugar - and bring on the pain. All things in moderation, right? Not when it comes to soda - because even a little bit can do a lot of damage, and not just in the obvious ways such as rotten teeth and an expanding waistline.

Soda and other sugary drinks can actually ruin your joints from the inside, and new research shows how it can lead to major damage in people who are already battling osteoarthritis.

That's a painful joint condition that up to half of all Americans will face at some point. And if you're among them, just five soft drinks a week — or a can of soda at lunch on weekdays — can be enough to turn an already painful condition into a fight for mobility.

In one new study, men with knee osteoarthritis who drank just that — five sugary drinks a week — suffered double the loss of joint space in the knees over four years than men who drank no soda.

That extra joint space isn't just a little more room in the knees. It's the ugly gap left when osteoarthritis eats away at your joint cartilage.

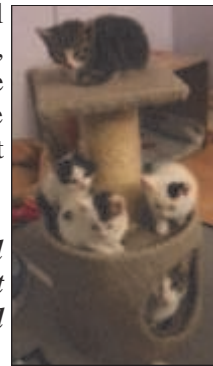
Remember if you are feeding birds in your backyard, you want to have a humane backyard. Offer food, water and shelter, but also remember to keep your yard clear of toxic sprays and ensure that the birds are safe from mowers or weed-wackers. Remember these simple tips when creating an oasis in your backyard for your feathered friends!

## Local Animals in Need of Forever Homes

**Meet Mitch!** Mitch is a 6 month old aussie / husky mix puppy who loves to cuddle with his people. He was rescued from a kill shelter with his 3 siblings, who have all since been adopted. Mitch is housebroken, crate trained and enjoys other dogs. Mitch has been diagnosed with canine megaesophagus, but that doesn't slow him down. He may eat a little bit differently, but sweet Mitch lives every day to the fullest just like any other dog!



**Meet Tootsie & her babies, Snickers, Rolo, Skittles & Taffy!** Tootsie is merely and older kitten herself. She gave birth to 4 sweet babies 5 weeks ago and found her way into a Passaic garage. The owner threatened to kill them, so Pathway took in this beautiful family. Skittles, Snickers, Rolo and Taffy are spunky little babies weighing in at just one pound. Snuggle up to one of these sweet kitties today!



Visit [apathwaytohope.org](http://apathwaytohope.org) or email [pathwaytohope@yahoo.com](mailto:pathwaytohope@yahoo.com) to find out more about Mitch, Toostie & kittens and other adoptable dogs and cats.

More space means less cartilage. And more importantly, more space means a lot more pain.

Now, we know obesity is also a contributing factor to osteoarthritis, and people who guzzle sugary drinks are more likely to be obese. But it isn't just the weight of a soda-filled belly coming into play here — because the study also looked at BMI levels.

And as it turns out, the link between soda and worsening osteoarthritis is actually strongest in men with the lowest BMI numbers. And in women, the only association between soft drinks and osteoarthritis was in those with the lowest BMIs and the highest rate of soda consumption.

So it's not something in the belly... and it's certainly not something already in your knees. It's something in the soda.

But as for what it is, take your pick — because there are so many possible villains here.

Sugar, of course, can worsen joint pain in general and osteoarthritis specifically. But soda also contains phosphates, which can pull calcium and magnesium out of the body — and low levels of these essential minerals can contribute to joint pain and osteoarthritis.

Throw in artificial colors, flavors, and preservatives and there's no telling which ingredient is worst. So skip the soda, and skip them all.



## Movie Trivia - **MIRACLE ON 34TH STREET** - 1947

- ◆ Despite the fact that the film is set during Christmas, studio head Darryl F. Zanuck insisted that it be released in May because he argued that more people went to the movies during the summer. So the studio began scrambling to promote it while keeping the fact that it was a Christmas movie a secret.
- ◆ In the un-translated dialogue with the Dutch girl, Santa Claus asks the child what she wants for Christmas the girl says she wants nothing, telling Santa she got her gift by being adopted by her new mother. The Dutch girl spoke true Dutch, but with a heavy American accent.
- ◆ Unbeknownst to most parade watchers, Edmund Gwenn played Santa Claus in the actual Macy's Thanksgiving Day Parade held November 28, 1946. He fulfilled the duties of most parade Santas, including addressing the crowd from the marquee of Macy's after the parade was over. He was introduced to the crowd by actor Philip Tonge (he played Mr. Shellhammer in the movie) and he later unveiled the mechanical Christmas display windows to the accompaniment of Pyotr Ilyich Tchaikovsky's "Nutcracker Suite." This gesture symbolized the opening of the Christmas shopping season at the store.
- ◆ Maureen O'Hara was ultimately forced into her role against her will, as she had just returned to Ireland before being called back to America for the film. However, she immediately changed her sentiments upon reading the script.
- ◆ There are 21 mail bags carried into the courtroom at the end of Kris's hearing.
- ◆ Natalie Wood was eight years old when she made this film.
- ◆ Thelma Ritter's screen debut. In the movie she played a weary Xmas shopper. Her performance in the short scene was noticed by Darryl F. Zanuck who insisted her role be expanded. During the period 1951 to 1963 Ms. Ritter was nominated for 6 Academy Awards. She is one of the most nominated actors who never won the statue. Shortly after a 1968 performance on "The Jerry Lewis Show" (1967), Ms. Ritter suffered a heart attack which proved fatal.
- ◆ When Dr. Pierce explains Kris' belief that he is Santa Claus, he offers for comparative purposes a Hollywood restaurant owner who believes himself to be a Russian prince despite evidence to the contrary, but rather conveniently fails to recall the man's name. This was a reference to Michael Romanoff, owner of Romanoff's in Hollywood, a popular hangout for movie stars at the time.
- ◆ 2006: Ranked #9 on the American Film Institute's 100 Most Inspiring Movies of All Time
- ◆ The scenes of the Macy's Thanksgiving Day Parade are of the actual parade held in 1946. As such, careful preparation was necessary for the shots as retakes were obviously out of the question. 20th Century-Fox had cameras positioned along the parade route at the starting line at 77th Street, on Central Park West, on the 3rd floor of an apartment building at 253 West 58th Street, in Herald Square and on 34th Street at 7th Avenue.
- ◆ According to Hedda Hopper's "Looking at Hollywood" newspaper column of May 3, 1947 "when the picture opens at the Roxy, Macy's will close for half a day so it's 12,000 employees can see the first showing."
- ◆ Both the actual Macy's and Gimbel's department stores were approached by the producers for permission to have them depicted in the film. Both stores wanted to see the finished film first before they gave approval. If either store had refused, the film would have had to been extensively edited and reshot to eliminate the references. Fortunately at the test viewing, both businesses were pleased with the film and gave their permission.
- ◆ The scenes at Macy's were shot on location at the main New York store on 34th Street itself. Shooting was complicated by the fact that the crew's power needs exceeded the store's electricity capacity and required additional power sources arranged in the store's basement.
- ◆ The role of Kris was originally offered to Cecil Kellaway, who turned it down. The role went to Edmund Gwenn, Kellaway's cousin.
- ◆ Received a 'B' rating (morally objectionable in part) from the highly influential Legion of Decency because Maureen O'Hara played a divorcée.
- ◆ The character of District Attorney Thomas Mara is clearly based on Thomas E. Dewey, a Manhattan District Attorney who went on to become the governor of New York and twice the (unsuccessful) Republican candidate for President (1944 and 1948). Jerome Cowan, the actor who played Mara, and Dewey bear a strong physical resemblance and both wore mustaches, highly unusual for professional men of the time. Also, the Judge mentions that the District Attorney is a Republican, also a rarity back then for elected officials in New York City.
- ◆ Maureen O'Hara-93 years old-(Doris Walker) and Alvin Greenman-83 years old-(Alfred) are the last surviving major/semi major cast members.
- ◆ The real R.H. (Rowland Hussey) Macy died in 1877, 70 years prior to the time of the film.
- ◆ According to Natalie Wood's biographer, during the shoot, the young actress was convinced that Edmund Gwenn was actually Santa Claus (by all accounts, Gwenn was a very good-natured man on the set). It wasn't until Wood saw him out of costume at the wrap party that she realized he wasn't Santa.
- ◆ The song that the little Dutch girl sings is "Sinterklaas Kapoentje, Leg wat in mijn schoentje, Leg wat in mijn laarsje, Dank je Sinterklaasje!" One translation is "Saint Nicolas Little Rascal, Put something in my little shoe, Put something in my little boot, Thank you little Saint Nicolas!"
- ◆ The house that Susan sees at the end of the movie that all three characters enter is, according to the Nassau County Tax Records, located at 24 Derby Road in Port Washington, New York.
- ◆ 20th Century-Fox studio head Darryl F. Zanuck was very much against making this film because he thought it too corny to succeed. He finally agreed to a medium-sized budget provided writer/director George Seaton would accept his next three assignments unconditionally. Seaton, who desperately wanted to get the picture made, agreed.
- ◆ Alvin Greenman is the only actor to appear in both *Miracle on 34th Street* and the remake *Miracle on 34th Street*. In the former, he appeared in the uncredited role of the young janitor of Macy's whereas in the latter, he played the doorman. Both characters are named Alfred.
- ◆ "Lux Radio Theater" broadcast a 60 minute radio adaptation of the movie on Dec. 20, 1948 with John Payne, Maureen O'Hara and Edmund Gwenn reprising their film roles. The same studio broadcast another 60 minute adaptation, also with Gwenn, on Dec. 21, 1954.





# Christmas Tree Recycling

1. Remove all garland, lights, decorations and tree stand.
2. Remove all wires used to secure tree.
3. If a tree disposal bag is used, once at the curb remove bag and dispose of it in regular trash.
4. Last day to pick up trees will be January 31, 2014.

Visit us on the

**Borough of Riverdale Facebook Page**

<http://www.facebook.com/RiverdaleNewJersey>



"Restaurants are given ratings by the local health department which rate the level of sanitation practiced by the establishment. Below is a link to a survey that will aid the health department in obtaining data on your knowledge of the current health department rating system of restaurants."

[www.surveymonkey.com/s/MJL7W52](http://www.surveymonkey.com/s/MJL7W52)



**Don't Forget the Food Pantry**

Please be generous with your donations to the Riverdale Food Pantry so that our friends and neighbors will not go without. Please call for a list of the most urgent needs. Thank you. 973-835-4060 x 6

Help Us Keep Our Taxes Down! Recycling saves tax dollars. Our garbage bill is based on the weight of the garbage collected in Riverdale. The less recycling materials that find their way into the general garbage collection the lower the cost of garbage removal. **The first Friday of the month is for Metal Appliances and Scrap Metal.** These are usually heavy and save the most in disposal costs.



Under state law **NO PARKING:**

- ◆ Within an intersection
- ◆ On a crosswalk
- ◆ In front of a driveway
- ◆ On a sidewalk
- ◆ Within 50 feet of a stop sign
- ◆ Within 25 feet of an intersection
- ◆ Within 10 feet of a fire hydrant

**No Parking Rules**



The Borough of Riverdale is again able to accept computer monitors and televisions as part of our recycling program. Drop off your computers, monitors and televisions at the Municipal Building. (Projection TVs not accepted.)

## CLEAN UP AFTER YOUR DOG

Borough Code Chapter 173A: No person owning, harboring, keeping or in charge of any dog shall cause, suffer or allow such dog to soil, defile, defecate on or commit any nuisance on any common thoroughfare, sidewalk, passageway, bypath, play area, park or any place where people congregate or walk or upon any public property whatsoever or upon any private property without the permission of the owner of said property.

The person who owns, harbors, keeps or is in charge of such dog shall immediately remove all feces deposited by such dog by any sanitary method.



**Borough of Riverdale now accepting Credit Card Payments for:**

- ◆ Property Taxes
- ◆ Water and Sewer Bills
- ◆ Dog & Cat Licenses
- ◆ Recreation Programs
- ◆ Exercise Classes
- ◆ Community Center
- ◆ Glenburn Estate

A small convenience fee applies. Go to our website [www.RiverdaleNJ.gov](http://www.RiverdaleNJ.gov) to make your online payments.

Credit cards may be used in person, too!

## Kit Kat's Krafts Feature – Wine glass snow globe

By CATHERINE FELEGI

*First, a personal message. After speaking with the editor and after much thought, I have decided to bequeath control of Kit Kat's Krafts to a wonderful artist and an amazing person, **Camilo Castillo**. I leave all you astounding crafters in his capable hands as I transition over to the Tea Love column, starting Jan 2014. Thank you for following Kit Kat's Krafts since its creation in April. I hope you continue to follow Camilo and that you will now follow Tea Love as well.*

December is the season of snow, the scent of pine and holiday cheer all around. Kids are crafting items to give to family members for Christmas and adults are busy orchestrating what is destined to be the best holiday dinner yet. One of the simple pleasures of the season is giving a simple turn of a snow globe.

Using a wine glass, some fake snow and materials found in nature, anyone can create a snow globe that is sure to impress friends. The base of the wine glass can even be used to hold items such as a candle or a holiday ornament while housing the snow globe section underneath. This craft is ideal for all ages and allow kids to explore the idea of creating nature dioramas.

For this project, you will need:

- Cardboard
- Rubber cement
- Iridescent glitter
- Wine glass
- Pine branches and other forms of nature (plastic trees also work)

OPTIONAL:

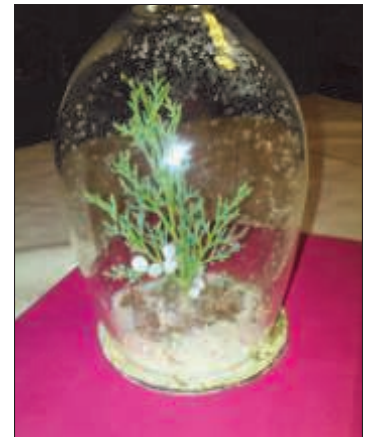
Plastic deer or other animals, house, people or holiday ornaments

First, gather any nature materials, such as pine branches or moss, that you wish to use for the craft, and cut them to fit within the bowl of the glass. Second, cut out two circles from the cardboard. I personally used the brim of the glass in order to make the outline for the circle to get a good size.

Poke a hole in one of the pieces of cardboard in order to make your pine branch stand like a tree. Glue any moss and materials onto the cardboard.

Glue the second piece of cardboard to the bottom of the first cardboard for both a nicer look as well as to keep the pine branch stable. Fill the bowl of your wine glass with some of the glitter, being careful not to overfill it. The idea is to get enough to cause a small "dusting" within your glass.

Use the rubber cement on the rim of the wine glass. Press the pieces of cardboard tightly against the glass and hold it there for a bit while it dries. Finally, flip over the glass and enjoy your home-made snow globe.



## WARM HANDS, WARM HEARTS

Each glove or mitten ornament on the tree corresponds to a specific child in need of gloves or mittens for the winter season. The child's age and gender is stated on one side of the ornament; instructions are on the reverse.

### Instructions:

1. Pick an ornament off of the tree
2. With the gender and age of the child in mind, buy a pair of mittens or gloves.
3. Wrap them in tissue paper with this ornament attached to the outside.
4. Hand in the wrapped gloves or mittens, with this ornament, to the library by

## Monday, December 16

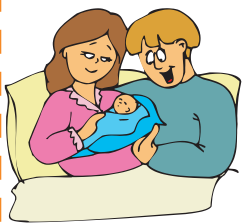
For more information, please contact us:

Riverdale Public Library  
93 Newark Pompton Tpke. Riverdale, NJ 07457  
(973) 835-5044  
riverdalelibrarykids@nac.net





## Announcements



Happy 20th Birthday to Michael Carelli on December 22. Love Mom, Dad, Tommy, Samantha, Grandma Carelli, Nauni, Treat & Magic too!

Happy 15th Birthday, Matthew Gancher, on December 5! We love you! Mom, Dad, Veronica & Aunt Joanne.

Happy 5th Birthday, Emma Rose Budesheim, on December 3. We love you very much! Love, Mom, Dad, Jack, Sara, Alex, grandparents, aunts and uncles.



Happy 1st Birthday, Alex Michael Budesheim, on December 24. We love you very much! Love, Mom, Dad, Emma, Sara, grandparents, aunts and uncles.

## Wedding Bells

Congratulations to our daughter Patricia Revis and new son-in-law Paul Norden who were married on Saturday, November 9, at St. Mary's Church in Pompton Lakes. A reception followed at The Bethwood in Totowa. Following a Hawaiian Honeymoon the couple will reside in Pearl River, New York. We love you, Mom and Dad Revis



Happy Police Birthday to Dispatcher Joe Peters on December 16.



## A Country Christmas Music Performance

By Riverdale's Own

# Leanne Weiss

Friday, December 20 at 7:00pm

Riverdale Community Center

Free Refreshments and live country music

## BY and LARGE

A Monthly Column written by Riverdale Resident Elaine Peacock.

### Quiet Christmas Moments

By Elaine Peacock


Christmas is just around the corner and by now I'm sure most of us are stressed to the max between the shopping for the perfect gift, baking, decorating, wrapping and sending cards not to mention all the usual stuff that fills our lives all year long. This year why not try and give yourself a quiet Christmas moment at least once a day. A quiet Christmas moment can be as easy as taking a short walk around the block, a cup of hot chocolate, listen (I mean really listen) to a

favorite Christmas song, or drop a bit of change in the red kettle knowing it will help someone in need. The holiday ads start right after the last haunted house closes down and every year the stores open earlier, I believe GOD meant Christmas to be savored so the real meaning comes through. I wish all of you a Merry Christmas and many quiet Christmas moments.



The *Riverdale News and Events* is published on the first day of each month. We are interested in all the good news that is happening around town and in your families. We welcome all such announcements, including birthdays, anniversaries, graduations, and any other special occasions you may want to share with your neighbors. The deadline for all insertions is the 3rd Wednesday of each month, which may be extended in certain circumstances. Please email your copy and photos to [mayor@riverdalenj.gov](mailto:mayor@riverdalenj.gov) and [riverdalemayor@gmail.com](mailto:riverdalemayor@gmail.com). Photos should be in JPEG or TIFF formats and at least 1MB in size.



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Linda@cocenterprisesllc.com www.cocenterprisesllc.com

*Studies show an average loss of 1-2 hours per day searching for missing items in messy files, closets and stacks.*

**Call me to reduce that wasted time to zero!**  
Linda Anders 973.838.8298

 *If your space isn't becoming to you, you should be coming to me!!!* 

**REVIVE OLD MARKER PENS**  
Acetone nail polish remover will revive an old marker pen when it gets dried up. Just dip the tip part in the acetone. Recap. Can use it again to write, draw, or color with in a couple hours.

## Father & Son - 60 Years Later



### Stuck with a splinter?



Fill a wide-mouthed bottle with hot water and press the affected area tightly against the mouth of the bottle. The suction will pull the skin tight while the steam will help to draw the splinter out.

### JAR OPENER

- ◆ Put on rubber gloves and it is easy to open jars.
- ◆ Put a wide rubber band around the lid of the jar and you can open it easily. You can cut off the wrist area of a rubber glove and use it for a wide rubber band.

**Coney Island  
Wood Fired Brick Oven**

**PIZZA**

**CIPIZZA.NET**  
**973-476-9223**

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**Daniel J. Salameno Jr.**

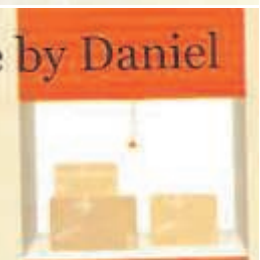
Phone: 1(800) SELL-A-CAR  
1(800)735-5222

Website: 1800sellacar.com

**Riverdale Self Storage by Daniel**

17 Hamburg Turnpike  
Riverdale, NJ 07457

storagebydaniel@yahoo.com  
riverdalestorage.com



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*COMPLETE SITEWORK*

Excavating \* Drainage \* Grading  
Underground Utilities \* Sand & Gravel

**973.835.8850**

P.O. Box 208, Riverdale



RENEW-YOUR-SELF



A Country Christmas Music  
Performance  
*featuring Leanne Weiss*  
performing the newly released CD,  
*For Love*

Friday, December 20th 7:00pm

The evening will include free  
refreshments and live country music!

Autographed CDs available to  
purchase for \$10

*A portion of the CD purchase will be  
donated to the Riverdale Food Pantry*

## Fitness Center

### EXERCISE AT RIVERDALE COMMUNITY CENTER...

#### Walk-In

**Mondays :** ZUMBA TONING, 7:30PM  
**Tuesdays:** SENIOR WALKING CLUB,  
10:00AM  
ZUMBA GOLD, 10:00AM  
ZUMBA, 7:30PM  
**Wednesdays :** HULA HOOPING, 7:00PM  
**Thursdays :** ZUMBA, 7:00PM  
**Saturdays :** KETTLEBELL, 9:00AM

### TOP OF THE LINE DOG TRAINING

w/Norma Overlock  
Certified Dog Behaviorist  
[www.normasdogtraining.com](http://www.normasdogtraining.com)

Mondays, 6:00pm  
GLENBURN BARN  
\$155/7 Week Session



1st Class—Pet Owner Workshop  
6 Weeks—Pet & Owner Basic Training

MUST SIGN UP IN ADVANCE  
(201) 337-6179—Norma



### GLENBURN HOUSE

Every Thursday 7:30pm  
Bring Yoga Mat & Refreshment  
\$8/Class  
Walk-Ins ALWAYS Welcome!

### Christmas Tree Sale

#### Glenburn Parking Lot

Every Thursday thru Sunday  
10:00am-7:00pm

**Large variety of Fresh Christmas  
Trees & Wreaths**



*Presented by Glenwild Garden Center*

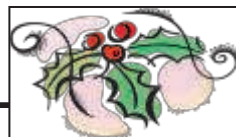
## Get in the Spirit of the Season An Evening of Holiday Cheer at Glenburn

Saturday, December 7th, 6:00pm

\$25 per person  
(age 21 and over only)

Includes adult beverages and hors d'oeuvres

For reservations contact  
[jcarelli@riverdaleborough.com](mailto:jcarelli@riverdaleborough.com)





### **BOB ROSS TECHNIQUE OIL PAINTING**

**Thursday, Dec. 12, 6:00pm**

Scene—Country Road  
Winter Scene

\$35/Per Person (Incl's All Supply)

**Saturday, Dec. 21 11:00am**

Scene—A Deer  
\$45/Per Person (Incl's All Supply)

Payment Due at Class (Cash or Check)

**MUST SIGN-UP IN ADVANCE**

Call (973) 706-6471 Office or  
[jcarelli@riverdaleborough.com](mailto:jcarelli@riverdaleborough.com)

### **“NEW” KID’S OIL PAINTING CLASS** (Using the famous Bob Ross Technique)

Recommended for Ages 8-14

**Saturday, Jan. 11, 11:00am-5:00pm**

Scene—Winter thru a Window

\$35/Student

(includes excellent instruction,  
all supplies and student goes home  
with finished painting)

*No art ability necessary. Small class size.*

**MUST SIGN-UP IN ADVANCE**

Call (973) 706-6471 Office or  
[jcarelli@riverdaleborough.com](mailto:jcarelli@riverdaleborough.com)



### **TOT’S MUSIC**

Fridays, 9:30am (1 hr)  
Walk-In

\$9/Child (\$7—2nd Child)

### **KID’S FITNESS**

#### **Kids Winter Workout**

Ages 5-7

Tuesdays, January 7th-March 11th  
3:30-4:15pm

Only \$5/Class! 10 classes = \$50 (no walk-in's)

*Keep your kids moving during the winter months. This class includes sports conditioning, obstacle courses, group games and more!*

Pre- register by emailing Jennifer at  
[busybodiesRfit@gmail.com](mailto:busybodiesRfit@gmail.com) (Space limited)

#### **Kids Cardio Boxing**

Ages 8-14

Thursdays, January 9th-March 13th  
4:00-5:00

Only \$5/Class! 10 classes = \$50 (no walk-in's)

*This class combines a great cardio workout with boxing drills on focus mitts. Each class ends with an active group game.*

Pre- register by emailing Jennifer at  
[busybodiesRfit@gmail.com](mailto:busybodiesRfit@gmail.com)

### **KID’S WINTER SESSION**

Dance Class

#### **Tap & Ballet Dance**

Ages 3 – 5

Class Begins – FRIDAY, January 17  
4:00pm

*Come in the 1<sup>st</sup> day of Class to sign-up  
& participate*

\$8/Student (12 week session)

#### **Pop Stars Dance**

Ages 5 – 14

Class Begins – FRIDAY, January 17  
5:00pm

*Come in the 1<sup>st</sup> day of Class to sign-up  
& participate*

\$8/Student (12 week session)



“LIKE” us at [Riverdale NJ Community Center](https://www.facebook.com/RiverdaleNJCommunityCenter)



## Dogs Make Good Gardening Companions

by Riverdale Resident and Columnist

**Bill Lango**



Honey-Bosco was sort of a peculiar name for our old German Shepherd Dog. Shepherds are more inclined to be named Wolf, Fritz or Heidi, not Honey-Bosco. But Honey-Bosco's sweet personality inspired my wife to name her Honey. Me being the

Macho man that I am, called her Bosco because, when she was a six week old puppy, her black and tan color reminded me of the color of Bosco chocolate syrup.

Bosco was well suited for a gardening companion. She wasn't a digger, jumper, a roamer, or a nervous dog. She was a bit shy, just like her owners. When ever we would work in the garden or yard, whether it was planting bulbs, shrubs, bushes, trees, or doing pruning, raking leaves, spreading mulch or just cleaning up, Bosco would lay down right next to us and watch us work through her warm brown eyes. The only occasions when we would shoo her away or put her on the deck were the times I'd be swinging a pick, using power tools, or applying garden chemicals. When we would move on to the next task, Bosco would snoop around the completed work and then move right along with us. She was more than our gardening companion, she was a supervisor, too.

Unfortunately, I'm writing in the past tense, because at the old age of 13 1/2 years old, our Honey-Bosco went to doggy heaven. The place where all good dogs go.

At first I was angry with God for taking her, but then my wife brought me back to my senses when she reminded me that I should thank God for giving us such a beautiful four-legged companion for 13 1/2 years. She was right, and I did.

Coming home to an empty house, a house without a dog greeting us at the door, was one the worst feelings we ever experienced. There was a

loneliness we couldn't explain. We just had to get another dog. Another gardening companion. Another gardening buddy.

We've had four dogs since we tied-the-knot back in 1965; three of them were German Shepherds. But being in our late sixties, sometimes it was difficult just grooming Bosco, and maneuvering her ninety-pounds in and out of the car, or to the Veterinarian's office for routine visits were a daunting chore.

We wanted a smaller, low maintenance dog. After careful study as to which breed would be best for our needs. We chose a Boston Terrier.

We knew of a dairy farmer in Maryland that had a litter of Boston's available. So it was off to North East Maryland to buy a pup. This one little girl puppy had such a sweet expression. We'd have to take her home. She curled up quietly on my wife's lap all the way; barely muttering a sound during our three hour return trip. She was so sweet on the ride home that my wife named her Sweetie, and honestly, I call her Sweetie, too! No hyphenated names for this dog.

She's not show quality. She's not perfectly marked, but she's perfect for us. Sweetie possess almost all the doggie attributes Honey-Bosco didn't have. She's a jumper, a roamer, a little nervous, and even a bit mischievous. Thank goodness she's not a digger!

You'd think we didn't feed her the way she constantly rummages in the yard for anything to eat. Twigs and sticks are her specialty. Earthworms are a delicacy to her. Deer and Rabbit poop (ugh!) are like Dog Yummies, and it's a never ending battle to keep her from attempting to eat wild mushrooms that poke up just about everywhere on our property.

I keep Sweetie on a long leash, even when in our fenced in yard, or she'll get into mischief. I fasten a snap-ring on the loop of her leash and snap the ring onto my jean's belt loop, so I can keep an eye on her while I'm tending to my gardening tasks.

Even though Sweetie has settled in nicely and has become our new gardening companion, we always feel a bit melancholy around early December when we take advantage of an unexpected sunny day to winterize and wrap our fig tree and Honey-Bosco isn't there to supervise the job.

## ATTENTION RIVERDALE RESIDENTS

### COMMUNITY MEETING ON AFFORDABLE HOUSING

*Join representatives from Push to Walk and RPM Development Group to learn more about what affordable housing is as well as their updated proposal for 83 Newark Pompton Turnpike. Presentation followed by questions and answers. Light refreshments will be served.*

**Wednesday, January 15 at 7 pm**

**Riverdale Community Center**

**Call Cynthia Templeton at 862-200-5848 for details.**

## Holiday Blowup With Inflatable Decorations

A few years ago, my then six-year-old daughter seized control of Christmas decorating. She insisted on inflatable holiday decorations for our front yard.

I had a small budget (zero), so the big inflatable snow globes and carousels were out. We settled on a modestly priced Santa/Frosty combo.

"You better read the instructions first," my daughter said as we unpacked the new decorations. She sounded a lot like her mother.

I read the instructions, and they appeared to be:

Written by someone to whom English was a second—if not a third or fourth—language.

Written by someone who had no concept of Santa...or a snowman.

Very loosely associated with the product we were actually installing.

The instructions reminded me not to use this product indoors, especially in the bathroom (it mentioned this twice). It seemed like a reasonable request; I didn't plan on showering with blow-up Santa and/or Frosty.

Under "Care and Use" I was instructed, "Do not put this product in a tree." But then, under the instructions for "Storage" is said to "carefully remove product from where it's been placed, such as a tree, bush, or shrub." Hey, didn't you just tell me not to do that two steps ago?

According to the instructions, if outside temperatures drop below 14 degrees, the unit might not work, but you could bring it inside until it reached room temperature (just not bathroom temperature) and the unit should inflate again. I don't know what you're supposed to do once you take it back outside, and the fan freezes again; maybe keep running in and out of the house until the temperature warms up, or

until your ornament gets stuck in a tree, bush, or shrub, in which case, you'd better remove it carefully.

We all got a kick out of the absurd instructions, and shared a good laugh imagining inflatable Santa sitting on the toilet.

Our new Santa inflated without incident, but the snowman's candy cane got twisted behind his back, and instead of walking in a winter wonderland, it looked like he was handcuffed, and being hauled off to jail. We unraveled his arms, and got him lined up nicely with the other ornaments on the front lawn: Santa, Rudolph and a trio of illuminated candy canes. The bizarre three-page instruction sheet for the inflatables could have been condensed to a scrap of fortune cookie paper; "Plug in. Stake down. Enjoy."



Every year we photograph our kids in front of our holiday decorations, and we'll be doing it again this year. The decorations seem to get smaller each year. But nothing has shrunk; it's our kids getting bigger and older, growing up.

What do I want for Christmas this year? Maybe a camera that could freeze this moment forever, with my kids cresting ages 10 and 12, no longer babies, but young enough to still be full of wonder and delight, to still think their parents are heroes because they plugged in an inflatable Frosty...and kept Santa out of the bathroom.

Happy Holidays!



Riverdale resident **Rob Errera** is an award-winning syndicated columnist and the author of *Autism Dad: Adventures In Raising An Autistic Son*. He blogs at [robrerrera.com](http://robrerrera.com) and Twitter/Tweets@haikubob.

## Riverdale Woman's Club



A brief history of the New Jersey State Federation of Women's Clubs and the General Federation of Women's Clubs.

From the beginning, the General Federation of Women's Clubs (GFWC) and the New Jersey State Federation of Women's Clubs (NJSFWC)

have been interested in education and changing the world around us.

- ◆ In 1898, GFWC unanimously passed a resolution against Child Labor which became a major area of concern for the Federation.
- ◆ In 1899, GFWC's Chicago Club supported the 1<sup>st</sup> juvenile court law which became the model for all subsequent juvenile court laws, many of which were passed on the insistence of GFWC clubwomen.
- ◆ By 1904, Women's Clubs had established 474 free public libraries and almost 5000 traveling libraries (bookmobiles). By the 1930's, the American Library Association credited Women's Clubs with the establishment of 75% of the country's public libraries.

- ◆ In 1906, the GFWC was promoting a nationwide campaign to secure compulsory school attendance, and NJSFWC member, Alice Lakey, was leading the charge and with the help of women across the country turned the tide on the passage of the Pure Food and Drug Act
  - ◆ During the 1910's, the GFWC was working in support of the 8-hour workday, prison reform, workplace safety and inspection and Workers Compensation.
  - ◆ In 1916, working with the Children's Bureau, National Baby Week was promoted and clubs focused on infant and maternal mortality, birth registration and health facilities.
  - ◆ In 1918, after seven long years of fund raising and stumping around the state, the NJSFWC founded the New Jersey College for Women of Rutgers, today known as Douglass Residential College in honor of the clubwoman, Mabel Smith Douglass, who led the committee charged with forming the college. This was the first Woman's College in the Country. The NJSFWC still enjoys a close relationship with the College.
  - ◆ Remember that these women did not yet have the right to vote when they accomplished these things. Amazing!
  - ◆ The Riverdale Woman's Club is a proud member of the NJSFWC
- For membership information call Jean at 973-835-3269.**

## AUTOMOBILE FRAGRANCE

Put a sheet of fabric softener underneath each seat in the car to make it smell nice. For bad odors in cars, put some new ground up coffee beans in area where odor is. Leave for a couple days if possible and vacuum it up. Odor should be gone or at least better smelling.

**REMOVING CANDLE WAX** You can remove candle wax from candlesticks and clothing by freezing the items. The wax will flake off easily. If candle wax gets on carpet, use a warm iron placed on double-thick paper towels and iron it off. The paper towels will absorb the melted wax. Keep repeating until the wax is gone.



# Fire Chief Dan Sturm *Get Ahead of the Winter Freeze*

PAGE 15

IT'S NOT TOO EARLY TO BEGIN PREPARING FOR THE HEATING SEASON. CHECK THESE 10 TIPS OFF YOUR LIST AND GET AHEAD OF THE WINTER FREEZE.



- ☐ Our **furnace has been inspected and serviced** by a qualified professional during the last 12 months. *A furnace should be serviced at least once a year.*
- ☐ Our **chimneys and vents have been cleaned and inspected** by a qualified professional. *I have checked for creosote build-up. Not cleaning your chimney is the leading cause of chimney fires from built up creosote. This service needs to be done at least once a year.*
- ☐ Our wood for our fireplace or wood stove is **dry, seasoned wood**.
- ☐ Our **fireplace screen is metal or heat-tempered glass**, in good condition and secure in its position in front of the fireplace.
- ☐ We have a **covered metal container** ready to use to dispose cooled ashes. *The ash container should be kept at least 10 feet from the home and any nearby buildings.*
- ☐ Our children know to stay at least **3 feet away** from the fireplace, wood/pellet stove, oil stove or other space heaters.
- ☐ Our portable space heaters have an **automatic shut-off**.
- ☐ Our portable space heaters will be **plugged directly into an outlet** (not an extension cord) and placed at least three feet from anything that can burn; like bedding, paper, walls, and even people. *Place notes throughout your home to remind you to turn-off portable heaters when you leave a room or go to bed.*
- ☐ We have **tested our smoke alarms** and made sure they are working. *You need a smoke alarm on every level of the home, inside each bedroom and outside each sleeping area. For the best protection, the smoke alarms should be interconnected so when one sounds, the all sound.*
- ☐ We have **tested our carbon monoxide alarms** and have made sure they are working. *Carbon monoxide alarms should be located outside each sleeping area and on every level of the home.*

## What harms our brain:

1. **Aspartame** (you know this artificial sweetener as NutraSweet or Equal) is made up of three brain-damaging chemicals — aspartic acid, phenylalanine, and methanol. The fact is, that animals fed aspartame developed seizures and brain tumors, but the FDA approved it anyway. (Seems like they care more about big business than your well-being.)

2. **Diacetyl** Home-popped microwave popcorn usually contains butter flavoring with the additive diacetyl. Diacetyl is able to cross the blood-brain barrier, a defense which prevents harmful substances from entering the brain. It causes beta-amyloid clumping which is a significant indicator of Alzheimer's. You won't see diacetyl on the label, but if you see "artificial butter flavor" or "natural flavors" you should avoid it.

3. **Monosodium glutamate**, usually referred to simply as MSG, is ubiquitous in processed foods. It breaks down in the body into glutamate, a known excitotoxin — a substance that literally stimulates brain cells to death!

4. **Aluminum** — More than a Food Additive Aluminum is an additive in baking powder and anti-caking agents, but it is used as much more than just a food ingredient. It is the most abundant metal in the earth's crust so is hard to avoid. It's in drinking water, antacids, deodorant, cans, foil, and is commonly used in cookware. Aluminum is suspected of contributing to Alzheimer's. In the 1970's, autopsies revealed that people that had Alzheimer's had a larger than normal concentration of aluminum in the brain. This understandably began a scare that aluminum was the cause of Alzheimer's.

5. **Trans fats** -- strongly inflammatory in your entire body including damage to cell membranes throughout your body. Avoid hydrogenated oils in processed foods and deep fried foods.

# HOLIDAY ART SHOW

**Opening Reception**  
Friday, December 6, 2013 • 5 - 8 PM

Paintings, Photographs,  
Sculpture, Ceramics,  
Prints & Glass

**Artists**

Valerie Coll	Patti Munier
John Hedges	Diane Neglia
Katherine Jennings	Scott Patisser
Kenji Katakura	Eileen Poplis
Tim Knapp	Paige Purcell
Ania Lesiak	Steve Riskind
Carol Mainardi	Patti Watson

**Exhibit Hours**

Fri., Dec. 6 5-8  
Sat., Dec. 7 12-4  
Sun., Dec. 8 12-4

**Live Music on Saturday**  
by guitarist John Sheehan

**For more information**  
Please visit  
[www.facebook.com/SalonNumber5](http://www.facebook.com/SalonNumber5)

**Salon 5**

**SALON 5 GALLERY**  
5 Mathews Ave.  
Riverdale, NJ

Glow by Ania Lesiak



# RIVERDALE

## The Year



January—The first Christmas at Glenburn

# 2013



February—Pompton Lakes High School Football Team, State Champs



May—Riverdale Seniors Walking Club



June—Memorial Day Parade



September—Past and current members of the Riverdale Fire Department



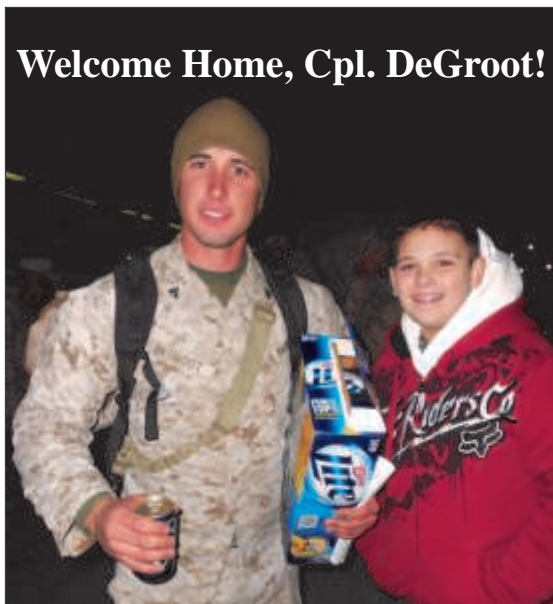
October—Officer Kyle P.



# DAILY NEWS

## in Review

Welcome Home, Cpl. DeGroot!



March—Corporal DeGroot returns home.



April—Food Pantry Volunteers



July—Riverdale School Graduation



August—Summer Concerts



arrill



November—Fright Night

Have a  
Great 2014



# Riverdale School News



From the desks of Riverdale School Superintendent, Dr. William DeFabiis and Principal, Dr. Rosaura Bagolie

## Attention Parents and Guardians

We are grateful to the parents and guardians who attended our Parent-Teacher Conferences. Communication between teachers and parents/guardians is key to your child's success. We hope to continue this dialogue throughout the school year.

A special thank you goes to the PTA for providing our school staff with lunch and to the REA for also providing tasty treats for our visitors.

## Veteran's Day

On Monday, November 11<sup>th</sup>, Riverdale School held a Veteran's Day assembly to honor those who fought to protect our liberties, freedoms, and the American way of life. We are grateful for the attendance of our military veterans, Mayor William Budesheim, and Police Chief, Kevin Smith, as well as members of the community.



(John Prezioso and Frank Sorgi attend the Veteran's Day Assembly)

We would like to mention two veterans in particular that are serving double duty: Frank Sorgi, Riverdale School Crossing Guard and John Prezioso, Substitute Teacher.

In addition, the veterans and our guests were entertained by Music Teacher, Randy Hanas' Riverdale School Band and Chorus who performed a selection of patriotic tunes while Kindergarteners waived their

self-made red, white, and blue flags. Students from each grade level participated by reciting patriotic poems or singing patriotic songs.

## Weather News

It is that time of year again when weather and other emergencies may impact school opening and early dismissal. Please be sure to update your personal contact information on the **Instant Alert System** at: [www.instantalert.honeywell.com](http://www.instantalert.honeywell.com). Please consult the website or student handbook for additional information.

## Kindergarten Registration

Kindergarten Registration will take place on Tuesday, Feb. 4, 2014 from 9:00 am to 11:00 am and Wednesday, Feb. 5, 2014 from 4:30 pm to 6:30 pm. For more information please visit the district website at [www.rpsnj.org](http://www.rpsnj.org) and follow the link on the homepage for kindergarten registration. Additional information will also be in next month's newsletter.

## Preschool Open House

A Preschool Open House is scheduled for Thursday, January 23<sup>rd</sup>, 2014 from 7:00 pm to 8:00 pm. The tuition based program anticipates having limited openings for three and four year olds for the 2014-2015 school year. Please join us to find out more about the program and our curriculum. Registration procedures

and information regarding the "lottery" for available openings will be posted shortly on our district Website. The "lottery" will be drawn at the 3/12/14 Board Meeting scheduled for 7:30 pm.



Has your child come home saying they are bucket fillers or that someone helped fill their bucket today? Are you

wondering what that means? Bucket filling is an easy-to-understand concept: Everyone carries an invisible bucket that holds our good thoughts and feelings. Children quickly understand that they can fill buckets when they do and say things that are kind, considerate, caring, and respectful, as well as dip into buckets and remove those good feelings if they choose to do and say things that are hurtful. This simple yet profound concept teaches children that actions and words affect both themselves and others. We are encouraging, reminding, and recognizing everyone's efforts to be bucket fillers at home, at school, and everywhere they go. We are excited about this new program and look forward to your support. Riverdale School students have artistically created their own buckets which can be seen displayed throughout the school. If you would like to learn more about bucket filling, visit the Bucket Fillers website: [www.bucketfillers101.com](http://www.bucketfillers101.com). *Have you filled a bucket today?*

## Riverdale Tree Lighting Ceremony

Please join members of the Riverdale School Band and Chorus as they perform at the annual Riverdale Tree Lighting Ceremony to be held on Tuesday, December 3<sup>rd</sup> at 6:30 pm on the school's front lawn.

## Winter Concert

Riverdale residents are cordially invited to our district's Winter Concert which will be held on Tuesday, December 17 in the Riverdale School gymnasium from 7:30 pm to 9:00 pm.

## Basketball Season Begins: Let's Go Rams!!!

The Boys' and Girls' Basketball teams meet Bloomingdale in the season opener scheduled for Thursday, December 5<sup>th</sup> with a 3:45 pm-4:00 pm start time. (Boys' team plays first.)

## Upcoming Events for December 2013 and January 2014

- December 3—Tree Lighting (6:30 pm)
- December 5—PTA Holiday Party (7:00 pm)
- December 5—PTA iPad Raffle Drawing
- December 6—PTA Holiday Gift Shop
- December 8—PTA Holiday Breakfast (8:00 am)
- December 16—Riverdale Seniors Concert (11:00 am)
- December 17—Winter Concert (7:30 pm)
- January 9—8th Grade Open House at PLHS (7:30 pm)
- January 9—PTA meeting (7:30 pm)
- January 16—8th Grade Open House at PLHS (snow date) (7:30 pm)
- January 23—PreSchool Open House (7:00 pm)
- January 24—PTA Bingo Night (7:30 pm)

Please visit our webpage and click on the backpack for additional information on these upcoming events.

# RIVERDALE Public Library

93 Newark Pompton Turnpike • Riverdale, New Jersey 07457  
Phone: 973-835-5044 • Fax: 973-835-2175  
[www.riverdalelibrary.org](http://www.riverdalelibrary.org)

Registration is required for all programs.

Call 973-835-5044 or e-mail [riverdalelibrary@nac.net](mailto:riverdalelibrary@nac.net) for adult programs and [riverdalelibrarykids@nac.net](mailto:riverdalelibrarykids@nac.net) for children's programs.

You can also register online at [www.riverdalelibrary.org](http://www.riverdalelibrary.org)!

## INFANT & PRE-SCHOOL PROGRAMS

*Fall programs run from the week of September 9 through the week of December 3.*

**Baby Time** — Up to 2 yrs w/ caregiver. Mon, 11:00–11:30 am

**Totally Twos** — 2 yr olds w/ caregiver. Mon, 10:15–10:45 am

**Preschool Pals** — Ages 3-5 Tues, 10:15–11:00 am or 1:30–2:15

## CHILDREN'S PROGRAMS

**Puppy Pals** — Dogs certified by Creature Comforts Pet Therapy come to the library to "listen" to children read. Bring your beginning reader, reluctant reader, or dog-lover for a session with a friendly listener. Children can read privately to a dog or participate in a group session. For children grades K-5. **Wed, Dec. 11, from 4:00-5:00 p.m.**

**Gingerbread House Workshop** — Children in grades K-3 can create the perfect decoration - and dessert - for the holiday season! Join us on **Sat., Dec. 7, 11:00-12:00 p.m.**

**Winter Wonderland Party** — **Thurs., Dec. 12, 4:00-5:00 pm** kids in grades K-5 can make a special gift for someone on your list and enjoy wintry tales, songs, and treats!

**Lego Lab** — Kids in grades K-5 can join us on **Wed., Dec. 18, 4:00-5:00 p.m.** You bring your imagination, we'll supply the Legos and a great story!

**Family Matinee** — Join us on **Sat., Dec. 21, 1:00 p.m.** to celebrate the magic of the season with "Arthur Christmas," a fun family film. 97 minutes. Rated PG.

## TEEN PROGRAMS

**Teen Movie Night** — Join us for popcorn and a movie on **Wed., Dec. 4, 5:30-7:45 p.m.** December's movie is "The Nightmare Before Christmas."

**Teen Advisory Board** — Hang out with friends, help plan programs and choose library materials while possibly earning community service hours on **Thurs., Dec. 5, 5:00-6:00 p.m.**

**Gingerbread House Workshop** — Kids and teens in grades 4 and up can create the perfect decoration - and dessert - for the holiday season! Join us on **Sat., Dec. 7, 1:00-2:00 p.m.**

**Teen Book Discussion Group** — Join us on **Wed., Dec. 18, 6:00-7:00 p.m.** for pizza as we discuss *Code Name Verity* by Elizabeth E. Wein. Pick up your copy at the circulation desk!

## HOURS

Monday	10-8	Thursday	10-8
Tuesday	10-5	Friday	10-5
Wednesday	10-8	Saturday	10-4

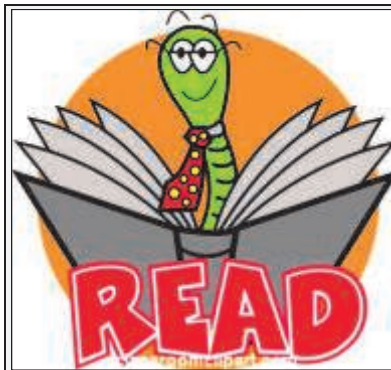
## ADULT PROGRAMS

**Create a Scarf with Vikki** — Learn how to crochet and make a scarf during this four-week workshop with Vikki Anderson. Yarn will be provided, just bring your own "H" crochet hook. Classes will be held on **Wed., Dec. 4 and 11, 6:00-8:00 p.m.**

**New Technology "Petting Zoo"** — Try BEFORE you buy! Join us on **Fri., Dec. 6, 1:00-2:00 p.m.** to learn about this season's newest handheld devices.

**Friday Matinee** — Join us on **Fri., Dec. 13, 1:00 p.m.** for "The Great Gatsby," the story of a young Midwestern writer thrust into a world of opulence. Starring Leonardo DiCaprio, Carey Mulligan, and Isla Fisher. Rated PG-13.

## WE HAVE EBOOKS!



**Riverdale Library** has purchased extra bestselling e-books for our patrons to borrow.

Borrow these bestselling e-books and avoid the wait lists! Our extra copies are

available only to Riverdale library patrons: *Gone Girl* by Gillian Flynn, *The Dinner* by Herman Koch, *The Twelve Tribes of Hattie* by Ayana Mathis, *A Week in Winter* by Maeve Binchey, *The Burgess Boys* by Elizabeth Strout, *Deep Down* by Lee Child, *Guilt* by Jonathan Kellerman, *Inferno* by Dan Brown, *Lean In* by Sheryl Sandberg, *Notorious Nineteen* by Janet Evanovich and *Until the End of Time* by Danielle Steel. New to e-books? Take a look at [www.digitallibrarynj.org](http://www.digitallibrarynj.org) to download onto your computer, e-reader or Smartphone.

Recommendations for our e-book purchases are always welcome. Call the library or email [riverdalelibrary@nac.net](mailto:riverdalelibrary@nac.net)

## MONTHLY

**Photography Club** — There will be no meeting in December. Have a wonderful holiday!

**Job Hunters Workshop** — Meeting on **Fri., Dec. 13, from 3:00-4:00 pm.** Learn about networking, resume writing and job hunting skills.

**Gypsy Knitters** — **Thursdays, 4:00-8:00 pm.** For experienced knitters. Bring a project and join in!

**Adult Book Discussion Group** — Join us on **Mon., Dec. 30, from 6:30-8:00 p.m.** to discuss *The Christmas Sweater* by Glenn Beck.



**When it's time to Buy or Sell, always remember your Riverdale Real Estate Agent & Riverdale Resident.**

	<p><b>TINA CALI, REALTOR/Sales Assoc</b>          2012 No. 1 Top Selling Agent at Re/MAX Legend          2012 NJAR Circle of Excellence – Gold Level          2013 Five Star Real Estate Agent  <b>RE/MAX Legend</b>          36 Preakness Shopping Center, Wayne, NJ 07470          973-493-1477 – Cell 973-686-0404 ext. 111  <a href="mailto:TinaCaliRealtor@gmail.com">TinaCaliRealtor@gmail.com</a>  <a href="http://www.TinaCaliRealtor.com">www.TinaCaliRealtor.com</a></p>	
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**WHEN IT'S TIME TO BUY OR SELL THINK TINA CALI, REALTOR  
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**Wishing everyone a Happy & Healthy Holiday Season from our home to yours!**

**RIVERDALE HOME SALES September 26 – November 24, 2013**

<u>Property</u>	<u>Bedrooms/Baths/Style</u>	<u>List Price</u>	<u>Selling Price</u>	<u>DOM</u>
6319 Brookhaven Ct	1 Bedroom, 1 bath condo	\$212,900	\$202,000	66
8406 Sanctuary Blvd	1 Bedroom, 1 bath condo	\$225,000	\$225,000	12
13 Mountainview Ct.	2 Bedrooms, 1 bath condo	\$239,000	\$235,000	83
58 Mountainview Ct.	2 Bedrooms, 1 bath condo	\$249,000	\$238,000	308
12 Riverview Terrace	2 Bedrooms, 1 bath ranch/2car garage	\$324,500	\$320,000	59
8415 Sanctuary Blvd	2 Bedrooms, 2 baths condo/loft	\$325,000	\$320,000	87

If your property is currently listed with a real estate broker, please disregard. It is not our intention to solicit the offering of other real estate brokers. Each RE/MAX is independently owned and operated. Not all listings were sold by RE/MAX Legend. Information supplied by the GSMLS.

## **TEAS - Their Health Benefits and Uses.**

*Tea has been a favorite beverage worldwide for hundreds of years.....tea can treat a variety of ailments, and with this invaluable guide you can put the secrets of tea to work for you!*

Taken from **20,000 Secrets of Tea: The Most Effective Ways to Benefit from Nature's Healing Herbs** by Victoria Zak



**CALENDULA** *Pot Marigold* was native to the Canary Islands and the Mediterranean shores, but rapidly became a world-favorite herb. It's a hardy annual with sturdy stems and full green leaves that are clearly veined and curve slightly. It blooms all summer with ruffled-edged flowers in golden yellow or orange. They add a special kind of cheer to any garden.

**Legend of the Sun Flowers.** Calendula is one of the earliest medicinal plants

**Heart Health.** Marigold flower petals mixed with honey have been used as a treatment for weak hearts through the ages. Add honey to your marigold tea and have this drink at your fingertips for healthy heart maintenance.

**Inflammations (Digestive Tract).** Marigold tea is excellent to ease digestive distress, and soothe inflammatory conditions in stomach lining and bowels.

**Lymph Glands.** Marigold tea relieves congestion in the lymph system and reduces swollen lymph glands. It improves circulation and detoxifies the body. A great tea to take before the flu season.

**Menopause.** Marigold has estrogenic properties to help to ease the transition from estrogen production in the ovaries to estrogen production by the adrenal glands.

**Pelvic Infections.** Marigold has antibacterial properties that are particularly powerful fungus fighters, for pelvic and bowel infections.

**Skin Wash.** Two tea bags of marigold in one cup of water makes a potent, pure skin wash. Apply the tea with cotton balls to skin eruptions (even measles and chicken pox) to dry and heal them. It's known as a first-class first aid remedy for cuts and sores. In English herb shops, it's sold as a wash for skin infections.

**Uses Through the Ages.** Marigold has been used to treat tumors, cysts, jaundice, and inflamed eyes and to improve liver function.

**Special Features.** Fights Herpes Simplex. Marigold is an antiviral tea that can fight herpes simplex virus. Take it warm. You can also use marigold tea for a sitz bath.

### **Mary's Gold**

**Warm marigold tea is a cup of liquid gold with a vivid, pungent flavor. It cleans your lymph system, soothes digestive disorders, and makes you feel good all over. A great tea to start each season!**







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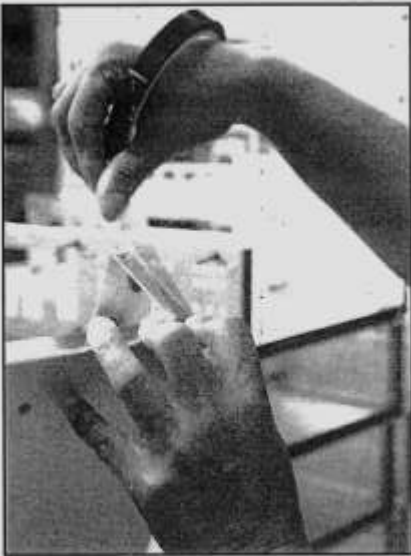
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## COFFEE FILTERS USES

- ◆ Use coffee filters for a really large muffin cup.
- ◆ Strain foods through a coffee filter.
- ◆ Make your own herbal teabags with coffee filters. Put your loose tea in the middle and bring up sides and secure with a small rubber band at the top.
- ◆ Use coffee filters to clean small areas with like you would a paper towel.
- ◆ Clean or polish your shoes with coffee filters.
- ◆ Use to absorb condensation when you are drinking a cold drink.
- ◆ Make your own herbal bath bags by filling the coffee filter with your favorite herbs and stapling or taping it closed. Drop into a bathtub full of warm water and relax in the tub for about 15 minutes. Lavender is especially nice to use to relax.



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## Riverdale Photography Club



Meets on the 4th Monday each month at the Library from 6:45 to 7:45 PM

[www.RiverdalePhotoClub.weebly.com](http://www.RiverdalePhotoClub.weebly.com)

Club open to all, residents and non-residents.

**JANUARY** edition of **Riverdale News & Events** will be published on or about **Thursday, January 3**. **Copy, photos, articles, announcements are due Tuesday, Dec. 24.**



## ALZHEIMER'S DISEASE UPDATE.

Neurodegenerative diseases, especially the ones that attack memory and muscular functions, are especially frightening

The National Health and Nutrition Examination Survey, NHANES, of the Centers for Disease Control research database is America's premier resource for monitoring the health behaviors, nutritional status, and health outcomes for adults and children in the U.S. To date, NHANES has interviewed millions of Americans, compiling complete physical examinations and blood testing results. This database unequivocally demonstrates that individuals who eat the most fruits and vegetables experience the lowest incidences of ALL the diseases that kill Americans over the age of 45.

In the Garden of Eden we lived on fresh fruits and vegetables, provided by our Maker. Today, however, our produce is manufactured by giant conglomerates, on nutrient-depleted soils, "fed" with chemical fertilizers, "protected" by disease-promoting pesticides, picked while green and immature, and finally forced into ripeness at the grocery store with ethylene gas.

When the *Washington Post* reviewed NHANES, they discovered that less than 11% of adults eat the minimum required servings of fruits and vegetables, and sadly, children scored even lower. Once the USDA removes french fries and sweetened fruit drinks from that "servings" list, compliance percentages will drop below the 5% mark.

So the hard truth is that virtually none of us regularly consume the variety of plant foods required to absorb the *minimum daily requirement* (MDR) of vitamins and minerals. If you are a growing child, a pregnant or lactating mother, or a sick anybody, then you actually need to absorb multiples of the MDR to maintain or recapture your health.

**Alzheimer's Update (AD).** The recent shift in AD research includes revelations about what initiates the cellular degeneration of brain tissue. The first insight is that insulin controls neurotransmitter release at synapses (nerve junctions) and also activates the signaling pathways associated with learning and long-term memory. Post-mortem brain studies have revealed that insulin sensitivity is suppressed in AD patients, and is directly proportional to the progression of the diseases. Alzheimer's is now being considered, at least in part, a neuro-transmitter disorder, with some researchers now referring to it as "**Type 3 diabetes.**" Five of these six cited studies were published in the past few months.

It has also demonstrated that neuro-toxins named amyloid beta-derived diffusible ligands (or ADDLs) disrupt signals at the synapses, making the neuron more resistant to insulin. This causes synapse destruction, contributes to increased oxidative damage, and causes increased production of advanced glycation end products (AGEs). Patients with diabetes appear to have a significantly increased risk for AD because AGEs accumulate into neurofibrinous tangles and amyloid plaques within AD brains.

**PubMed** is the search engine for the *National Library of Medicine*. It has access to all the peer-reviewed biomedical literature. Currently it lists 346 articles detailing the relationship between age proteins and AD and another 1871 articles relating diabetes to AD.

Twenty-four million Americans (or 8% of our population) already have diabetes, with another 18 million undiagnosed cases. The *American Diabetes Association* also estimates that another 57 million Americans are pre-diabetic. Cumulatively, this means that one out of every three Americans is at risk for diabetes, with an unknown percentage of them at additional risk for AD. So let's talk prevention.

All recent research reveals that intellectual stimulation, social engagement, improved dietary habits, and regular exercise reduce the risk for developing AD. Nutritional supplements can also help to reduce your risk by managing blood-sugar levels and increasing insulin sensitivity. Chromium deficiency was first tied to diabetes and glucose intolerance in 1977. Since that time, numerous studies have shown that chromium supplementation can effectively manage blood-sugar levels while improving insulin sensitivity.

Alpha lipoic acid is a powerful antioxidant that has been shown to provide improvement in diabetic peripheral neuropathy, and has also been found to improve hypertension, insulin resistance, and cellular oxidative stress.

Banaba Leaf is a plant long used as a natural treatment for diabetes in the Philippines, where it is referred to as *plant insulin*. Recent studies have confirmed banaba leaf's ability to improve glycemic control.

Vanadium is a mineral cofactor that mimics the action of insulin, thus promoting healthy glucose metabolism. Two different studies with diabetic mice demonstrated remarkable improvements in blood-sugar management.

Elagic acid has demonstrated a powerful ability to prevent the formation of advanced glycation end products (or AGE proteins), which appear to be at the core of brain tissue damage found in Alzheimer brains, and also protects against loss of insulin sensitivity.

Vitamin D is essential for the proper functioning of the endocrine system, and massive clinical data suggest that vitamin D<sub>3</sub> insufficiency is associated with an increased risk of several CNS diseases, including multiple sclerosis, Alzheimer's and Parkinson's disease, seasonal affective disorder and schizophrenia.

### Can you Name any Reindeer Facts?

- Reindeer are one of several subspecies of caribou found around the world.
- Reindeer are herbivores, which means they eat vegetation. In the summer, they eat leaves and herbs. In the winter, they eat lichen and moss.
- Reindeer generally don't run very fast. In fact, a white-tailed deer could outrun a reindeer.
- Reindeer use their antlers like a shovel to break through the crust of snow to reach the vegetation underneath.

- Reindeer are various colors, including white, dark gray, and brown. Males can have light-colored manes, necks, and shoulders.
- The only female deer to grow antlers are reindeer. Each summer, both males and females grow their wonderful racks, but males usually shed theirs in late November to mid-December. Females keep their antlers until spring. Because all of Santa's reindeer are depicted with antlers, one might conclude that every one of them, including Rudolph, is female.



To see the photos of many of the events taking place around town, go the Borough's Website at [www.RiverdaleNJ.gov](http://www.RiverdaleNJ.gov) and click on Mayor's Photo Albums on the left hand side of the home page. There are nearly 120 albums on line. Also, every issue of the Riverdale News and Events are online going back to the initial issue in October 2005. On the homepage's left column click on "Newsletter, Etc."



## Icehouse Pottery Studio Hosts 6<sup>th</sup> Annual Holiday Show and Sale

The Icehouse Pottery Studio will host its 6<sup>th</sup> Annual Holiday Show and Sale of functional and sculptural ceramics at their studio located at 3 Paterson Hamburg Turnpike in Riverdale NJ on **Saturday, December 7 from 10 am to 6 pm and Sunday, December 8 from 11 am to 5 pm.** Showcasing locally made pottery by 15 potters and ceramic artists, the sale will offer a chance to meet the makers.

This increasingly popular event draws hundreds of customers from northeast New Jersey and the nearby New York areas. Available for sale will be a fabulous selection of vases, wall pieces, pitchers, teapots, platters, casseroles, raku and pit-fired vessels in varying colors and styles, and one-of-a-kind sculptures and decorative objects of art.

The show is the perfect place to find a unique handmade holiday gift or a special item or present for any occasion. Icehouse Studio is the red brick building on the right, just

past the railroad track (the old diner). Parking and Entrance in the rear. Parking and admission is free, but we will have a box available for any donation of nonperishable food items to Center for Food Action, a wonderful food pantry serving our neighbors in need.

Learn more about Icehouse Pottery at [www.IcehousePottery.org](http://www.IcehousePottery.org).



### SIMPLY DELICIOUS BEEF SOUP

*By Librarian Linda Vogel*

#### INGREDIENTS:

- 4 packages of beef stew meat or 1 big package of stew meat
- 5 to 6 stalks of celery (cut in pieces)
- 3/4 bag of medium size baby carrots
- 1 medium size package of fresh green beans
- 7 or 8 potatoes (cut in cubes)
- 1 - 32 oz. box of beef broth
- 2 16oz. cans of diced tomatoes
- Sea salt and pepper to taste
- 4 cups of water

#### DIRECTIONS:

Brown meat lightly in frying pan with olive oil. In a big pot with a lid, add the rest of ingredients above and put on low. Add meat with the juice to pot. Cook on low for 3 hours or until vegetables are tender. Freeze leftover's in containers for a cold night.



### Get in the Spirit of the Season

### An Evening of Holiday Cheer at Glenburn

211 Hamburg Turnpike, Riverdale

Saturday, December 7 at 6 pm



**\$25 per person**

(age 21 and older only)

**Includes adult beverages and hors d'oeuvres**

Look for more information on Facebook at Riverdale Land Conservancy or Riverdale NJ Community Center.

**For Reservations - [jcarelli@riverdaleborough.com](mailto:jcarelli@riverdaleborough.com)**



## Influential Women Rosie the Riveter 1942-

**FACTORY WORKER.** She symbolized women's contribution to the war effort. Real-life Rosies filled factory positions while men were away (the number of American working women grew by 50 percent in four years), proving that we could excel at a "man's job."

The term "Rosie the Riveter" was first used in 1942 in a song of the same name written by Redd Evans and John Jacob Loeb. The song was recorded by numerous artists, including the popular big band leader Kay Kyser, and it became a national hit. The song portrays "Rosie" as a tireless assembly line worker, who is doing her part to help the American war effort. The name is said to be a nickname for Rosie Bonavitas who was working for Convair in San Diego, California. The idea of Rosie resembled Veronica Foster, a real person who in 1941 was Canada's poster girl for women in the war effort in *Ronnie, the Bren Gun Girl*.

## Athletes that Died While Playing Scott Brayton

was a race car driver from Coldwater, Michigan. He was able to take part in 14 Indianapolis 500s from 1981 until his death. During the 1980s, Brayton is well known for introducing a Buick stock-block V-6 to the racing world. He was able to score his best finish at the Speedway in 1989, finishing in 6th but still seven laps down. In 1993 he matched the same stats. When the Indy Racing League was announced in 1996, Brayton was considered a contender of the IRL title. Though the season started off rough, he was able to qualify and won his second Indy pole. On May 17, 1996, Brayton was practicing in his backup car when a tire blew. His car went into turn two, spun around, hit the outside of the wall, and eventually stopped. Brayton hit the wall at speeds higher than 230mph. He died because of the severe impact with the wall.



### Did You Know?

◆ In 1879, a Proctor and Gamble employee operating a soap mixing machine forgot to turn it off during lunchtime. The mixture was beaten to a froth so light that the cakes of soap bobbed around in the kettle. The plant foreman turned the mistake into a big moneymaker. He figured floating soap just might be the icing on the cake - such was the serendipitous discovery of Ivory Soap.

- ◆ England and Zanzibar fought the shortest war in history in 1896. The British were victorious in the battle that lasted 38 minutes.
- ◆ George Washington, Thomas Jefferson and Alexander Hamilton were avid billiards players.
- ◆ Most hummingbirds weigh less than a penny.
- ◆ Droplets of moisture from a sneeze can travel as far as twelve feet and as fast as 100 miles per hour.
- ◆ Mozart never went to school.



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## Natural Health

The belief that the body is fully capable of ridding itself of any and all disease. Practitioners and followers of Alternative health apply this belief by increasing the health of the body. *And God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for*



**ST. JOHN'S WORT** . According to legends surrounding St. John's Wort, it was espoused by St. John of Jerusalem who is said to have used it in the time of the Crusades as a battlefield balm for its abilities to clean and heal some terrible battle wounds. It is said to have worked so well that legends are built around it.

In accordance with the legend of wound healing during the Crusades, we find agreement in modern times.

St. John's Wort today has been found to be very beneficial in healing wounds and is especially good for dirty, septic wounds. V has been used in cases of putrid leg ulcers that nothing heals. Like the leach that was used not too many years ago for wound cleansing it does not destroy the healthy tissues and healthy cells but it cleans the dirt out of septic wounds. It helps reduce the inflammation in septic sores, in boils, in cellulite and lymphangitis.

The compound Hypericin was isolated from St. John's Wort in 1942 and has been used as an anti-depressant for emotionally disturbed people. This tranquilizing quality from small quantities hypericin increase blood flow to stressed tissue. There is a reduced capillary fragility and enhanced uterine tone due to the increased hypotensive blood flow.

The use of St. John's Wort has been shown to demonstrate a side effect producing a photosensitivity. Hypericin is absorbed in the intestines and concentrates near the skin. An allergic reaction takes place when those with light fair skin are exposed to sunlight. That exposure causes tissue damage and in some cases death has resulted. While taking St. John's Wort one should avoid strong sunlight whether the skin is dark or light. There is a photosensitizing substance produced under the skin by this exposure to sunlight that causes the skin to burn.

St. John's Wort relieves pain, it has a sedative effect, it is used for treatment of neuralgia, anxiety and nervous tension. It can be applied as liniment or poultice to relieve pain, for treatment over the spine for relief of nervous diseases that are related to the spine, sciatica, neuralgia, rheumatic pains, as a lotion for pain relief, eases bruises.

- ◆ Among the uses for St. John's Wort are a variety of conditions such as Chronic Fatigue Syndrome and mental burnout.
- ◆ St. John's Wort is used for control of viral infections, for reduction and control of tumor growths, both malignant and benign.
- ◆ St. John's Wort is also known to be useful for pulmonary complaints, bladder trouble, suppression of urine, dysentery , worms and nervous depression.
- ◆ It is an excellent blood cleanser and blood purifier.
- ◆ St. John's Wort is used to relieve phlegm obstructions in the chest and lungs. It is beneficial with bronchitis and is known to eliminate all signs of the ailment.
- ◆ It is known to be valuable for treating internal bleeding.
- ◆ It is very good in chronic uterine problems and will correct irregular and painful menstruation.
- ◆ St. John's Wort contains an alkaloid that is a heart and artery stimulant.

*Taken from The Little Herb Encyclopedia by Jack Ritchason, N.D.*

*The most High hath created medicines out of the earth, and a wise man will not abhor them.... The virtue of these things is come to the knowledge of men, and the most High hath given knowledge to men, that he may be honored in his wonders. By these he shall cure and shall allay their pains, and of these the apothecary shall make sweet confections, and shall make up ointments of health, and of his works there shall be no end. (Ecclus 38:5-7).*

**PIC TIPS** **Resolution/quality.** Most digital cameras have settings that allow you to adjust the resolution and 'quality' of the images you capture. The higher resolution and higher 'quality' settings you choose, the sharper your images can be; lower resolution/quality setting tend to result in poorer images. It's a no-brainer, right? Why choose settings any less than the best possible? Well, it's not quite that simple.

High resolution/quality settings produce large image files which, in turn, reduce the number of pictures you can store in your camera before you MUST offload them (to make room for more). Lower quality settings produce files that take up less space, meaning more pictures before your in-camera storage fills up.

More expensive cameras also often have a so-called 'RAW' setting which allows for the highest quality images of all. RAW files can be quite sizable, severely reducing the number of images you can store in the camera.

What's the best plan then? Nowadays, storage cards for cameras are cheap enough that you can store hundreds, if not thousands, of images on the card before it fills up, even at the highest resolution/quality settings. And, unless you are trying to squeeze every last bit of performance out of your camera, you won't really need the 'RAW' mode. My



recommendation? Shoot most images at the highest resolution/quality short of the 'RAW' mode, if your camera even has such a setting. You can always 'downsize' your images afterward in software, but when you're on that once-in-a-lifetime trip to New Zealand, you want to be able to collect as many high-quality pixels as possible. Hint: bring along an extra storage card to see you through to the end of your vacation!

File Size ( Pixels)	Megapixels	Maximum Print Size @200 DPI	Maximum Print Size @300 DPI
1,600 x 1,200	2MP	8.0 X 6.0	5.3 X 4.0
2,048 x 1536	3MP	10.2 X 7.6	6.8 X 5.1
2,592 x 1944	5MP	12.9 X 9.7	8.6 X 6.4
3,072 x 2304	7MP	15.3 X 11.5	10.2 X 7.6
3,264 x 2,448	8MP	16.3 X 12.2	10.8 X 8.1
3,648 x 2,736	10MP	18.2 X 13.6	12.1 X 9.1
4,000 x 3,000	12MP	20.0 X 15.0	13.3 X 10
4,288 x 3,216	14MP	21.4 X 16.8	14.2 X 10.7

## 5 Foods NOT to Eat While Sick or Battling a Cold

It's almost that time of year, where we start passing around colds like we pass around the holiday dishes. While there are numerous sources out there for natural cold remedies (garlic, ginger, hydration, etc.), it's also good to know which foods to avoid while sick or battling a cold. By eliminating these foods, while hopefully consuming immune-boosting foods, you can recover more quickly and reduce the severity of your symptoms.

### 1. Alcohol

Alcohol weakens your immune system and dehydrates you. Both of these can make your colds more miserable and leave you with an even worse morning. Grandma's hot toddy might clear things up for a short time, but take it easy and don't overdo it. If you come down with a cold, steer clear of most alcohol in order to keep your body optimally hydrated and your immune system functioning on high.

### 2. Dairy Products

Dairy products may be on the fence (in small portions), as consuming them may not aggravate some while doing so to others. Dairy products can increase mucus production, and mucus is one thing you don't

need more of when you are sick. If ice cream feels good on your throat, opt for a different frozen dessert like frozen fruit bars. These will numb your scratchy throat and deliver some useful vitamin C.

### 3. Juice Drinks

If you enjoy juicing and make your own 100% juices—by all means, drink them! But if you reach for your run-of-the-mill orange juice when you get a cold, you'd be better off without. Average juices are loaded with extra sugar and that sugar can reduce the ability of white blood cells to fight illness. Any benefits you might get from the vitamin c are nullified by the sugar inside. What should also be pointed out from avoiding juices is: **avoid sugar.**

### 4. Fried Foods

Stay away from excess fats when you are sick. This goes for processed snacks and fried foods. Foods high in fat produce inflammation and inflammation produces a less active immune system.

### 5. Fast Food + Processed Foods

Surprise, surprise – it should be most obvious to steer clear of fast food and processed foods while sick. Fast food and most processed foods are void of nutritional value; that is, they bring hardly anything to the table in

terms of boosting the immune system or amplifying your health. Not only are much of these foods made from genetically modified foods, but they also contain a slew of immune-suppressing ingredients such as high fructose corn syrup, aspartame, MSG, artificial colors, FD&C Red #40, dimethylpolysiloxane, and much more. And despite some irresponsible hospitals serving up McDonald's to their sick patients, that doesn't mean these foods are any more valuable.



So this is how to prevent a cold: avoids those foods that make you sick and consume those foods that boost your immune system. When you are sick—stick with a diet of whole, fresh foods and plenty of liquids. Drink tea, eat soup, use spices like turmeric, ginger, and garlic, consume some honey, and nurse yourself back to health naturally. Generally, the worst symptoms of a cold will only last a few days when you have a high functioning immune system. So, treat your whole body with nutrition and not just your runny nose with an over-the-counter drug.

## This Inexpensive Omega-3 Source Can Protect Against Radiation

A study published in a recent issue of *BioMed Central Cancer* and conducted by the *Pearlman School of Medicine* at the University of Pennsylvania has once again **revealed the radiation protective properties of flax seeds. The researchers noted that the protection offered by flax seeds even included repair of tissues after exposure.**

The research focused on the ability of flax seeds to protect lung tissue prior to radiation exposure and the ability of flax to *repair damaged lung tissue after exposure*. They used mice for their published study, but now they're doing a clinical study on humans receiving radiation for cancer treatment.

A team of researchers led by Melpo Christofidou-Solomidou fed some mice flax seeds both before radiating them and other mice after radiation. They found that both before and after radiation, flax-fed mice survived even lethal doses of radiation in good health, while many mice not fed flax died.

Not only did the flax-fed mice survive, but they also managed to get healthier. They had higher body weight and minimal lung inflammation, which is common with

radiation therapy. The purpose of this study was to find a way for cancer patients to survive radiation.

But there is more to radiation than cancer treatments. Radiation is almost ubiquitous and affects most if not all of us, especially in the northern hemisphere. We are faced with a continuously spewing **radioactive Fukushima leak** that may go on much longer.

Then there is all that vaporized "depleted uranium" (DU) from armor piercing weaponry used throughout the Middle East. Those vapors formed clouds that managed to drift westward through the air.

Two years ago, it was discovered that radiation poisoning can be cumulative. So add ionizing radiation from medical X-rays or CT scans and TSA airport scanner checks into the above mentioned mix. All this adds up to a **significant accumulation of radiation.**



## Punography

- ◆ I tried to catch some Fog. I mist.
- ◆ When chemists die, they barium.
- ◆ Jokes about German sausage are the wurst.
- ◆ How does Moses make his tea? Hebrews it.
- ◆ I stayed up all night to see where the sun went. Then it dawned on me.
- ◆ I did a theatrical performance about puns. It was a play on words.
- ◆ They told me I had Type A blood, but it was a Type O.
- ◆ Class trip to the Coca-Cola factory. I hope there's no pop quiz.
- ◆ Energizer Bunny arrested: Charged with battery.
- ◆ What do you call a dinosaur with an extensive vocabulary? A thesaurus.
- ◆ When you get a bladder infection, urine trouble.
- ◆ What does a clock do when it is hungry? It goes back four seconds.
- ◆ I wondered why the baseball was getting bigger. Then it hit me.
- ◆ Broken pencils are pointless.





## Make Simple Changes That Could Help Save Lives

*How safe is your household?  
Use this checklist to find out if  
you are taking the right steps  
to protect your family:*

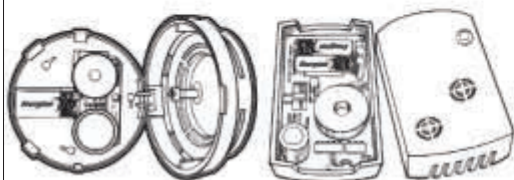
### 1 Count Your Smoke Alarms

Be sure there is at least one smoke alarm less than ten years old installed on every level of your home, including one in every bedroom and outside of each sleeping area.



### 2 Change Your Smoke Alarm and Carbon Monoxide Detector Batteries

It only takes a moment, but this simple habit is the best defense your family has against the devastating effects of a home fire or accidental carbon monoxide poisoning. The International Association of Fire Chiefs (IAFC) and fire experts nationwide encourage people to change smoke alarm and carbon monoxide detector batteries annually. An easy way to remember to do so is to change the batteries in your smoke alarms and carbon monoxide detectors when you change your clocks back to standard time on November 3. Remind your friends, family and neighbors to do the same.



### 3 Check Your Smoke Alarms and Carbon Monoxide Detectors

After inserting a fresh battery in each smoke alarm and carbon monoxide detector, push the safety test button to make sure alarms are in proper working condition. Conduct this test monthly. Never disconnect your smoke alarm battery! Remember that a "chirping" alarm is a signal that it needs a fresh battery.

### 4 Clean Your Smoke Alarms and Carbon Monoxide Detectors

Ensure your smoke alarms and carbon monoxide detectors' sensitivity by cleaning them each month of dust and cobwebs.

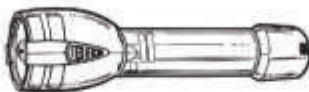


### 5 Replace Your Smoke Alarms

The International Association of Fire Chiefs (IAFC) recommends replacing smoke alarms every 10 years and having a combination of both ionization and photo electric smoke alarms to keep you alert to all types of home fires.

### 6 Change Your Flashlight Batteries

Keep flashlights with fresh batteries at your bedside for help in finding the way out and signaling for help in the event of a fire.



### 7 Install Fire Extinguishers

Install a fire extinguisher in or near your kitchen, and be sure that every adult family member knows how to use it.

### 8 Get the Whole Family Involved

Once smoke alarms and carbon monoxide detectors are installed and have fresh batteries, you should also make sure family members — children in particular — know what the alarms and detectors sound like and what to do should the alarms ever sound.

## Tell Your Friends

Twenty six years ago, Energizer and the International Association of Fire Chiefs recognized a disturbing trend that many home fire fatalities were taking place in homes without working smoke alarms. So through the years, the two have worked together along with thousands of fire departments nationwide on the *Change Your Clock Change Your Battery®* program to help reduce this number by reminding communities to change and test the batteries in their smoke alarms and carbon monoxide detectors.

Small acts can lead to positive changes. Let's start by using the extra hour "gained" from daylight saving time to not only change the batteries in smoke alarms and carbon monoxide detectors and test them, but, also to remind friends, family and neighbors to do the same.

A working smoke detector doubles your chances of surviving a home fire. Together we can help reduce the number of home fire fatalities as a result of nonworking smoke alarms.

Visit [www.facebook.com/energizerbunny](http://www.facebook.com/energizerbunny) starting Oct. 1 for more information.

**Change Your Clock Change Your Battery®  
November 3!**



"Change Your Clock Change Your Battery®" program created by Energizer (Energizer, Energizer Bunny, Change Your Clock Change Your Battery and other marks are trademarks of Energizer ©2013 Energizer

# RECREATION NEWS



Follow us @Riverdale Rec

riverdalerec@gmail.com



"LIKE" us at Riverdale Recreation

## WINTER WALKING CLUB

*Want to keep moving while it's cold outside?  
Come walk the Lakeside Hallways!*

Thursday evenings at Lakeside Middle School  
7-8 pm, starts Jan. 9 thru April 24.

The hallways at Lakeside circle the entire school and will be open for walking on Thursday evenings.

Questions? email [riverdalerec@gmail.com](mailto:riverdalerec@gmail.com)

## MENS BASKETBALL

Tuesdays 10/15 – 5/20, 7-10 pm

Lincoln School in Pompton Lakes.

\$40.00 (covers 31 weeks). Pick-up style games.

See Bob Brown any Tuesday night to sign-up and pay.

## KIDS WINTER BOWLING

**Last Chance to Sign Up!!**

*Riverdale & Pompton Lakes Rec  
will be combining for this program!*

Sundays, 2:00 pm  
Holiday Bowl, Oakland.

\$6.50 to register

\$8.00 a week for K-8 \$5.00 a week for Preschool  
(money collected each week at bowling alley)

Price includes t-shirt & 2 games of bowling for K-8  
and 1 game of bowling for preschool each week.

Program starts January 12 and ends March 16.

**Final Registration:** Tuesday, December 10,  
6:30-7:30 pm at the Community Center.



## CAR CLEANING TIPS

- ◆ To clean upholstery in your car, use soapy water and a mild brush and vacuum up the water with a Wet-Vac.
- ◆ Use Q-tips to clean the air vents and nooks in a car. You can also use makeup brushes and toothpicks to clean the small hard to reach areas.
- ◆ Clean your dashboard and vinyl in the car with furniture polish and a soft cloth. Buy lint-free mechanics rags to use to dust with.
- ◆ Use pet stain cleaner to remove nasty odors from your car's carpeting.
- ◆ Got a scratch on your car. Cover it with a matching crayon. Find a crayon the same color as your car and rub the crayon over the scratched place. Buff off any wax residue with a soft cloth. This will even work on keyed scratches.
- ◆ Pour a bottle of club soda on your windshield to cut grease and grime. Squeegee it off.
- ◆ If your wiper blades are dull, you can sharpen both sides with an emery board.
- ◆ In the winter time, spray your car's door gaskets with PAM to keep them from freezing shut.
- ◆ Spray PAM on your car's grill and hood before going on a trip to keep bugs and stuff from sticking to your car. You can wash it off with shampoo and some warm water.
- ◆ To clean hubcaps use baking soda and a wet brush. Hose off with water.
- ◆ To remove bumper stickers use a hot hair dryer to reactivate the adhesive, then just pull the sticker off.
- ◆ To clean the bumper a piece of balled up aluminum foil. Pour some soft drink on the bumper and rub it clean with the foil.
- ◆ Refresh your old air freshener in your car by dropping some of your favorite essential oil on it. Just a few drops.
- ◆ Use a Wet-One or a Baby-Wipe disposable cloth to clean the dashboard.
- ◆ Use a Brillo pad to clean wheels of road grime and hose off with water.



*Christmas is a holiday full of symbolism. Do you know the meanings of the different Christmas symbols?*

### What is the Meaning of Gold?

The gift of gold to the Christ Child is supposed to have come from Melchior, a king from Arabia, who, legend has it, was one of the Three Wise Men. His contribution is thought to have financed the Holy Family's flight into Egypt.



Gold, as valuable today as it was in Christ's time, symbolizes immortality, divinity, purity, and the kingship of Jesus Christ.

### What is the Meaning of Frankincense?

Tradition maintains that Balthasar, one of the Three Wise Men who came from the East to find the Christ Child, presented frankincense to the baby as a gift. By honoring him in this way, Balthasar fulfilled the prophecy that gold and frankincense would be brought from the Gentiles to honor the heavenly king.



Frankincense, a sweet gum resin from the Boswellia tree, is the purest of incense. When burned, it produces white smoke and a sweet smell, symbolizing the prayers and praises of the faithful as well as Christ's sacrifice and the divine name of God.

### What is the Meaning of Myrrh?

Caspar, a king from Tarsus and one of the Three Wise Men, is believed to have given myrrh to the Baby Jesus.

Myrrh is known for its medicinal value and was used in ancient times for cleaning wounds and sores, as an analgesic, and for embalming the dead or anointing kings.



Myrrh is actually an aromatic gum resin that oozes from gashes cut in the bark of the commiphora tree. It hardens into teardrop-shaped chunks and is then pounded into powder or mixed to make ointments and perfumes. It is named for its bitter taste and symbolizes the Suffering Savior, the Great Physician, and Christ's human nature.

## What is the History of the Christmas Card?

The time-honored tradition of sending Christmas cards began more than 150 years ago in England. Sir Henry Cole, a renaissance man who wrote and published books on art and architecture, was too busy to write holiday greetings to friends and family, so he asked John Callcott Horsley, a well-known painter, to design a card with a single message that could be sent to everyone on his list.

Horsley created a lithographed, hand-colored sketch printed on cardboard. The illustration depicted a classic Victorian Christmas scene of a family merrily eating and drinking. The caption read, "A Merry Christmas and a Happy New Year to You."

The first Christmas card appeared in the United States in the mid-1800s, when New York engraver Richard Pease designed a card with a small Santa Claus, a sleigh, and reindeer.

In 1875, Louis Prang, who wrote and published architectural books, printed images in color with a series of lithographic zinc plates. The finished product resembled an oil painting. These cards were so in demand that Prang couldn't fulfill all of his orders. At one point Prang was printing five million cards a year. His efforts earned him the moniker, "The Father of the American Christmas Card."

Today, everything from clever verses and holiday scenes to geometric designs and sports figures grace the fronts of cards. An average U.S. household mails out 28 Christmas cards each year and receives the same number in return. More than three billion Christmas cards are sent annually.

## What are Santa's Aliases?

Christmas gifts are bestowed by different gift givers in various countries. These include Père Noël in France, St. Nicholas or Sinter Klaas in Holland, Father Christmas in England, the Three Kings in parts of Latin America and Spain, and Santa Claus in the United States. In Germany, children are visited by Christkind, an angelic messenger of Jesus.

Babouschka, a grandmotherly figure, brings presents in Russia, while in Sweden, Jultomten, a gnome who rides a sleigh, does the honors. Syrian children receive gifts from a camel of one of the Three Wise Men, reportedly the smallest one in the caravan. And in Italy, a kindly old witch named La Befana leaves gifts for children.



# Great News!

## Single Stream Recycling!

The Borough has renegotiated our contract with our recycling contractor, Blue Diamond. Rather than putting newspaper and commingles recycling out on alternate Fridays, we will now be able to go to Single Stream!!

- ☐ Cans, bottles, paper and cardboard can be put out together for recycling.
- ☐ You can now put out all the recycling on every Friday!
- ☐ We recycle #1, #2, #4, #5 and #7 plastic food and beverage containers.
- ☐ Plastic bags, plastic toys, etc. are not acceptable for recycling.

*This new procedure depends on our cooperation with the contractor. Please follow these simple requests:*

- ☐ Clean food off recyclables and empty liquids before you recycle them.
- ☐ Bottle caps are thrown in the garbage, please remove them before recycling.
- ☐ As little paper as possible should be shredded - only those pieces of paper with confidential information that you don't want others to see. The less shredded paper there is in the recycling stream, the better it is for the recycling process. Because shredded paper is so small, it doesn't get sorted with other paper, and it winds up in the trash at the end of the system.
- ☐ It is required that shredded paper must be put in clear or light-colored plastic bags, such as grocery bags.
- ☐ The Metal Appliances and Scrap Metal pickups are still the First Friday of Each Month.

### You may bring the following items to the DPW Garage on Dalton Drive.

*To arrange a drop off time please call 973-835-6077*

- ◆ Televisions (NO projection TVs)
- ◆ Computers, Laptops, Keyboards, Mice, External Drives, Modems
- ◆ Scanners, Printers
- ◆ Copy Machines
- ◆ VCRs, DVD Players
- ◆ Stereos
- ◆ Radios
- ◆ Phones
- ◆ Fax Machines
- ◆ Camcorders
- ◆ Electric Typewriters
- ◆ Cell Phones
- ◆ And most media (Floppy, CD)

### Items NOT Accepted:

- ◆ Projection TVs
- ◆ Loose Batteries
- ◆ Vacuum Cleaners
- ◆ Microwaves
- ◆ Refrigerators
- ◆ Hazardous Materials

# Single Stream Begins January 3, 2014

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*Sincerely,  
Dr's. Glenn & Christine Foss*

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- Whiplash
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